



GET ACTIVE, STAY ACTIVE

Increased physical activity is essential in treating obesity. There are two ways to boost your physical activity level: exercise and increased daily movement. By staying active, you are more likely to thin out your waistline because the key to losing weight is to burn more calories than you take in.

- **Exercise.** One of the best ways to lose body fat is through regular aerobic exercise, such as walking, cycling, stair climbing or swimming. Participating in moderate-intensity physical activity will prevent further weight gain and will help you lose a modest amount of weight. To achieve significant weight loss, you should increase the frequency, duration and intensity of your exercise routine; however, you should hold off on the tougher workouts until your endurance and fitness level can handle the intensity.
- **Increase your daily movement.** Even though regular aerobic exercise is the most efficient way to burn calories and shed excess weight, any type of movement can burn calories. Making simple changes throughout your day can aide you in your weight-loss goal. In order to increase your daily movement, you must first determine your average daily movement. Purchase a pedometer to track how many steps you actually take over the course of a day then work to beat that number each day. Try parking further from store entrances, taking walks around the block twice a day and even intensifying your house chores.

DON'T FORGET TO STRETCH!